We claim:

1. A multi-density lasting board for a shoe, comprising:

a first density foam portion shaped to overlay a sole of the shoe;

a second density foam portion; and

the second density foam portion being substantially contained in the first density foam portion to provide different cushioning over the sole.

2. The multi-density lasting board according to claim 1, further comprising a third density foam portion being substantially contained in the first density foam portion.

3. The multi-density lasting board according to claim 1, wherein the first density foam portion and the second density foam portion comprise different types of foam.

4. The multi-density lasting board according to claim 2, wherein the first density foam portion, the second density foam portion, and the third density foam portion comprise at least two different types of foam.

5. The multi-density lasting board according to claim 1, wherein the first density foam is a higher density than the second density foam.

6. The multi-density lasting board according to claim 1, wherein the first density foam is a lower density than the second density foam.

7. The multi-density lasting board according to claim 1, wherein the first density foam is located about collapsible portions of a foot and is a higher density than the second density foam, the second density foam is located about the rigid portions of a foot.

8. The multi-density lasting board according to claim 7, wherein the second density foam is located at least about a heel of the foot.

9. The multi-density lasting board according to claim 7, wherein the second density foam is located at least about a metatarsal of the foot.

10. The multi-density lasting board according to claim 8, wherein the second density foam is located at least about a metatarsal of the foot.

11. The multi-density lasting board according to claim 10, further comprising a third density substantially contained in the second density foam and located about a ball of the foot.

12. The multi-density lasting board according to claim 1, wherein the first density foam and the second density foam are selected from the group of foams consisting of ethyl vinyl acetate, polyurethane, and neoprene.

13. A shoe having a multi-density lasting board, comprising:

a sole;

an upper coupled to the sole;

the upper and the sole forming an interior cavity;

a multi-density lasting board between the sole and the interior cavity comprising a first foam having a first density and at least a second foam having a second density; and

an adhesive layer residing between the sole and the multi-density lasting board coupling the sole and the multi-density lasting board.

14. The shoe according to claim 13, wherein the multi-density lasting board comprises at least a third density foam.

15. The shoe according to claim 12, wherein the first foam and the second foam are the same type of foam.

16. A method of constructing a multi-density lasting board for a shoe, the method comprising the steps of:

constructing a lasting board from a first foam having a first density;

strategically removing cutouts from the first form;

constructing inserts from at least a second foam having at least a second density;

inserting the constructed inserts into the strategically removed cutouts; and

fusing the inserts to the first foam to form a multi-density lasting board.

17. The method according to claim 16, further comprising the steps of:

aligning the multi-density lasting board on with a sole of a shoe; and

adhering the multi-density lasting board to the sole.

18. A shoe having a multi-density lasting board, comprising:

a sole;

an upper coupled to the sole;

the upper and the sole forming an interior cavity;

means for providing differing amounts of cushioning coupled to the sole to provide predetermined amounts of cushioning to predetermined portions of a foot.

19. The shoe according to claim 18, wherein the means for providing differing amounts of cushioning comprises using different density foams along the sole.